



chhoti chhoti BATEIN

- The Most Beautiful Flower
- Running Your Own Race
- & much more....

Your worth is not established by
teaching or learning. Your worth is
established by God. Nothing you do or
think or wish or make is necessary to
establish your worth.

-A Course in Miracles

“Wise men say, and not
without reason, that whoever
wished to foresee the future might
consult the past.”

-Niccolo Machiavelli(1469-1527)

Publisher / Printer : Shoaib S. Ranalvi
Tara Mahal, 5th Road, Khar (W),
Mumbai - 400 052
Owner's Name : Source Publishers Pvt Ltd
Compiled by : Shoaib S. Ranalvi

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Running Your Own Race

Think back to a time in your life when you tried something new.

When I was a teenager, I volunteered to work the water station at a 10km race. It was called the "Heaven Can Wait"



10km run and ironically, it was sponsored by the local cemetery.

My job was to pass out water to the runners. I remember being so excited to see all the different kinds of people who passed by and grabbed a cup of water. Some ran past, some walked past and a few wheeled past. I saw so many types of people doing it, I thought maybe I can do it too!

So the next year I signed up for the race and gave it a shot. Back then I didn't do much to prepare except jog around my neighborhood. I never tracked how far I jogged, or timed myself, I just ran around. I had no time goals for the race, no specialized training, no game plan, nothing. Needless to say that I prepare differently when I run races today, but back then my only goal was to finish.

On the day of the race, it was incredibly hot and humid. I remember struggling at about the 5th mile,

thinking, "I must be crazy, why did I do this? What was I thinking? And at one point, I said, "I am never doing this again!"

Have you ever felt that way about something? You eagerly undertake a goal and in the midst of it comes a moment of struggle, and you realize it is much harder than you imagined it would be?

That first 10km race was quite an experience. I jogged, I walked, I jogged and I walked. At times, I didn't know if I could finish. Then came a defining moment.

At one point near the end, a 70 year old man ran past me, very very fast, and I felt embarrassed that I was 50+ years younger than he and I couldn't even keep up with him. I felt defeated for a second. But then I realized something. He was running his race and I was running mine.

He had different capacities, experience, training and goals for himself. I had mine. Remember my goal was merely to finish.

How often in life do we compare ourselves to others and feel disappointed in ourselves when we really shouldn't? After a minute, it hit me that this was a lesson I could draw from. I learned something about myself in that moment. I turned my embarrassment into inspiration.

I decided that I would not give up on running races,

in fact, I would run even more races and I would learn how to train and prepare properly and one day I would be one of those 70 year olds who was still running. As I crossed the finish line, I was proud of my accomplishment.

I am so glad I didn't give up on running. Today it is an incredible source of joy in my life. I have run several races since then, 5kms, 10kms and I run purely for fun. I have studied running books, made friendships with other runners and I can report that I love it now more than ever.

In life we all have those moments where we compare ourselves to others. It's only natural. Don't allow those moments to disempower you. Turn them into motivation and let them inspire you. Use them to show you what is possible. Every struggle is rich with opportunity. You define your own race when you define your own goals.

With the proper preparation, coaching and conditioning, you can improve your results to achieve anything you want in life.

The impact of fitness and nutrition on my life has been remarkable. I can do things now that I could not even do in my 20's all because of coaching, proper nutrition and conditioning.

You decide your race and you decide your own pace. Rarely in life will your destiny be determined by one little race.

Life is a series of races. There are lessons in every race. There are life lessons to be learned every single day. If you don't win the race, but you get the lesson, and grow, you are truly a success.

Live Your Dreams.

-Jill Koenig

My wife is **MISSING**

The man approached the very beautiful woman in the large supermarket and asked, "You know, I've lost my wife here in the supermarket. Can you talk to me for a couple of minutes?"

"Why?"

"Because every time I talk to a beautiful woman my wife appears out of nowhere."



Success is a peace of mind which is a direct result of self-satisfaction in knowing you made the effort to do the best of which you are capable.

- Coach John Wooden

The most Beautiful Flower

The park bench was deserted as I sat down to read. Beneath the long, straggly branches of an old willow tree.

Disillusioned by life with good reason to frown,
For the world was



intent on dragging me down. And if that weren't enough to ruin my day, A young boy out of breath approached me, all tired from play.

He stood right before me with his head tilted down
And said with great excitement, "Look what I found!"
In his hand was a flower, and what a pitiful sight,
With its petals all worn-not enough rain, or too little light. Wanting him to take his dead flower and go off to play, I faked a small smile and then shifted away.

But instead of retreating he sat by my side.
And placed the flower to his nose And declared
with overacted surprise, "It sure smells pretty and
it's beautiful, too. That's why I picked it; here, it's
for you."

The weed before me was dying or dead.
Not vibrant of colors, orange, yellow or red.

But I knew I must take it, or he might never leave.
So I reached for the flower, and replied, "Just what
I need."

But instead of him placing the flower in my hand,
He held it midair without reason or plan.

It was then that I noticed for the very first time.
That weed-toting boy could not see: he was blind.

I heard my voice quiver, tears shone like the sun
As I thanked him for picking the very best one.

"You're welcome," he smiled, and then ran off to
play, Unaware of the impact he'd had on my day.

I sat there and wondered how he managed to see
A self-pitying woman beneath an old willow tree.

How did he know of my self-indulged plight?
Perhaps from his heart, he'd been blessed with true
sight.

Through the eyes of a blind child, at last I could see
The problem was not with the world; the problem
was me.

And for all of those times I myself had been blind,
I vowed to see the beauty in life, And appreciate
every second that's mine.

And then I held that wilted flower up to my nose
And breathed in the fragrance of a beautiful rose.
And smiled as I watched that young boy, another
weed in his hand About to change the life of an
unsuspecting old man.

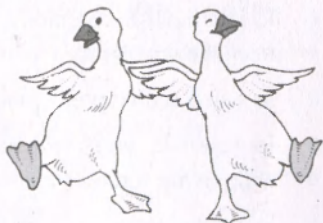
-Anonymous

TO BE ATITUDE

Blessed are you who take time to listen to difficult speech:
For you help us to know that if we persevere,
We can be understood.

Blessed are you who walk with us in public places,
And ignore the stares of strangers,
For in your companionship,
We find havens of peace.

Blessed are you who never bid us to "hurry up",
And more blessed are you
Who do not snatch tasks from our hands to do them
for us,
For often we need
time rather than
help.



Blessed are you
who stand beside us
As we enter new
and untried
ventures,

For our failures will be outweighed
By the times we surprise ourselves and you.
Blessed are you who ask for our help,
For our greatest need is to be needed.

Blessed are you when you assure us,
That the one thing that makes us individuals
Is not in our peculiar muscles,

Nor in our wounded nervous systems,
Nor in our difficulties in learning,
Nor any exterior difference.
But is in our inner, personal, individual self
Which no affirmity can diminish or erase.

-Anonymous

Small Best Moments In Life

- @ To fall in love.
- @ To have a child.
- @ To laugh until it hurts your stomach.
- @ To find mails by the thousands when you return from the vacations.
- @ To visit a scenic pretty place for a vacation.
- @ To listen to your favorite song in the radio.
- @ To go to bed and to hear the pitter patter of the rain.
- @ To leave the shower and find that the towel is warm.
- @ To return home after the last paper in an exam.
- @ To receive a call from someone, you don't see a lot, but you want to.
- @ To find money in your pocket that you don't often use.



- ② To laugh at oneself.
- ② To laugh without reasons. To over hear some praisay you.
- ② To wake up and realize it is still possible to sleep a couple of hours.
- ② To hear a song that revokes special memories.
- ② To make new friends.
- ② To be part of a team.
- ② The first kiss.
- ② To feel butterflies in the stomach when you see someone 'Special'.
- ② To have your back rubbed to sleep by some one you love.
- ② To spend time with your best friends.
- ② To see an old friend again and to feel that the things didn't change.



People take different roads seeking fulfillment and happiness. Just because they're not on your road doesn't mean they've gotten lost.

The King & the Sage

Once there was a king who was always fighting. One day he was badly wounded in a battle. A sage passed by and touched him, and the king was cured. He wanted to give the sage a reward for saving him, but the sage didn't want anything.

The king said, "I don't want to be indebted to you."

The sage said, "In the future I'll ask for something. I don't need anything now, but one day I'll come."

Months passed and the sage was praying to God one day for peace, light and bliss, when a desire entered his mind. For the past few months his cow had not been producing milk. "She's old," he said. "I'll ask the king for a new cow."

He went to see the king and found him in a temple. He was praying for more wealth and more fame.

The sage said to himself, "I won't ask him for a cow. He's a beggar like me." And he turned to leave.

The king stopped him and said, "Sage, you saved my life. Please tell me what you want. I'll give you anything."

The sage said, "I pray to God and meditate. He is all I need. I don't want to take anything from anyone

in need. You told me you took an oath that you would not be indebted to anyone. I, too, have taken an oath. My oath is that if anyone is in need, then I won't take anything from that person. That's why I won't take anything from you. You're praying to God for material things. You're begging for God to give you wealth and fame. So how can I ask anything from you? God has shown me that everyone is a beggar. So if I need something, I'll get it from Him."

-from Garden of the Soul

by Sri Chinmoy

As human beings, we are not above anything nor are we below anything. Because of being equal, we need to discuss a little about the value of respect. Not just respect when it comes to human beings, but respect when it comes to everything.

We are not masters over things; we are caretakers - for the Great Spirit. We need to treat all things with respect.

Great Spirit,

**Let me accept and see all
things as equal.**

Who Packs Your Parachute?

Charles Plumb was a U.S. Navy jet pilot in Vietnam. After 75 combat missions, his plane was destroyed by a surface-to-air missile. Plumb ejected and parachuted into enemy hands. He was captured and spent 6 years in a communist Vietnamese prison. He survived the ordeal and now lectures on lessons learned from that experience.

One day, when Plumb and his wife were sitting in a restaurant, a man at another table came up and said, "You're Plumb! You flew jet fighters in Vietnam from the aircraft carrier Kitty Hawk. You were shot down! "

"How in the world did you know that?" asked Plumb. I packed your parachute, the man replied.

Plumb gasped in surprise and gratitude. The man pumped his hand and said, I guess it worked!

Plumb assured him, "It sure did. If your chute hadn't worked, I wouldn't be here today."



Plumb couldn't sleep that night, thinking about that man. Plumb says, "I kept wondering what he might have looked like in a Navy uniform: a white hat, a bib in the back, and bell-bottom trousers. I wonder how many times I might have seen him and not even said 'Good morning, how are you?' or anything because, you see, I was a fighter pilot and he was just a sailor."

Plumb thought of the many hours the sailor had spent on a long wooden table in the bowels of the ship, carefully weaving the shrouds and folding the silks of each chute, holding in his hands each time the fate of someone he didn't know.

Now, Plumb asks his audience, Who's packing your parachute? Everyone has someone who provides what they need to make it through the day. Plumb also points out that he needed many kinds of parachutes when his plane was shot down over enemy territory - he needed his physical parachute, his mental parachute, his emotional parachute, and his spiritual parachute. He called on all these supports before reaching safety.

Sometimes in the daily challenges that life gives us, we miss what is really important. We may fail to say hello, please, or thank you, congratulate someone on something wonderful that has happened to them, give a compliment, or just do something nice for no reason.

I Have The Key

A mental hospital was critically overcrowded. The doctor decides to get all the patients seated in one large room to conduct a test to see how many they can discharge that day.

At the front of the room the Doctors took some chalk and drew a full size door on a Blackboard and offered an ice cream to any patient who could open the door.



There was a mad rush for the door with the patients scratching a clawing at the door and the handle. The doctors were disappointed, until they noticed a single patient who remained in his chair and was quietly chuckling to himself as he watched his fellow patients.

Encouraged that at least one patient could be discharged today, the doctors asked him why he wasn't trying to open the door.

The patient, who could no longer contain his laughter, shouted, "I've got the key!"

This is nothing but the glory of GOD!

Still We Sing

I love that first day of birdsong we get here in the mountains each year. It usually happens in the first week of March, but it came early and caught me by surprise this year. I had just woken up and was walking my dogs in the warm morning air. Suddenly the sun rose over the hilltops, the world grew golden, and the birds started to sing. At least 12 different birdsongs poured out from the treetops. Each one had its own melody, its own beauty, and its own joy. As they blended together the whole world seemed full of love, full of wonder, and full of light. It was a glorious Symphony that Beethoven or Mozart themselves would have been proud of. It sang praises to the goodness of life and the greatness of God. I was so delighted to be able to hear it once again. I knew too that it would continue for several weeks to come as the birds built nests, found mates, sung of love, and started the cycle of life all over again.



As fantastic as it was hearing the birds singing in the morning, though, I find it even more wonderful when I hear human voices singing. That is because we will always have one advantage over the birds: we don't have to wait for Spring to sing. We can

sing when it is cold and dark. We can sing inspirational songs when our lives are in the midst of Winter. We can sing songs of light when the sun is still hidden by the clouds. We can sing of joy even



when our hearts are hurting. We can sing of love even when we feel unloved. We can sing praises to God and then use our song to bring Heaven to Earth as well. The birds may welcome the Spring time with their songs, but we can create Spring time with ours. God gave each of us a special song to sing with our

lives. It is up to us, however, to sing it. Don't keep your own voice quiet. Join in the Symphony and bring music, light, love, and joy to the world.

- Joseph J. Mazzella

YOU'RE WONDERFUL

A famous singer had been contracted to sing at a Paris opera house and ticket sales were booming. In fact, the night of the concert, the house was packed; every ticket had been sold.

The feeling of anticipation and excitement was in the air as the house manager took the stage and said, "Ladies and gentlemen, thank you for your

enthusiastic support. I am afraid that due to illness, the man whom you've all come to hear will not be performing tonight. However, we have found a suitable substitute we hope will provide you with comparable entertainment."

The crowd groaned in disappointment and failed to hear the announcer mention the stand-in's name. The environment turned from excitement to frustration.

The stand-in performer gave the performance everything he had. When he had finished, there was nothing but an uncomfortable silence. . . No one applauded.

Suddenly, from the balcony, a little boy stood up and shouted, "Daddy, I think you're wonderful!"

The crowd broke into thunderous applause.

Make someone's day. Tell them you think they're wonderful!



-Anonymous

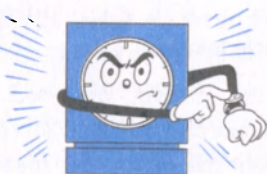
There was a gentleman walking with two heavy suitcases in an airport terminal. Someone approached and asked him what time it was. The gentleman bends down to park the two heavy

suitcases and stares at his watch. But this was no ordinary watch!

He touches a tiny button and his administrative assistant's face appears.

He asks her, "Mary, what time is it?" Mary answers instantly and with a smile!

The questioner is thoroughly impressed!!!



He asks, "What kind of a watch is that?"

"It's like a TV with two-way real-time communication," the gentleman explains. He adds that the watch is the latest technology with Intel's brand new 128-bit chip with processor speed of 10 Gigahertz.

The onlooker is now quite impressed and wanted to know if he could buy this watch from the gentleman. They agree on a heavy price and the cash was handed immediately.

The gentleman takes his watch out and hands it over and then walks away.

The new owner stares at the two heavy suitcases and shouts, "Sir, you forgot your suitcases."

The gentleman stops, smiles, and replies,

"No, they are YOURS now. They are the modems you always need to carry for your new watch!!"

I DON'T HAVE TO!

"I don't have to!" If I said that when I was a child I'd be in big trouble.

But now..."I don't have to!"

As a child I had to do everything I was told to do. Even into my teens, because I lived at home, I basically had to do what my parents wanted me to do.

I thought going off on my own would make it all different. It didn't. I got married.

"You have to take the garbage out."

"You have to take me shopping."

"You have to cut the grass, paint the house, get a better job...blah, blah, blah."

There were expectations placed on me by the world. By a certain age I should be married. I should have a job with a future. I should go to college. I should have children. I should buy a house.

So much I had to do.

It occurred to me recently that I have paid my dues. I have done most of that. I have answered the call and filled the bill, lived up to the image, met expectations and I'm sick of it. I'm through with it!

"I don't have to!"

Okay, so what brought on this mini revolution?

The giant ferris wheel.

That's right. I stood there at the base of the huge ferris wheel and declared, "I don't have to!"

You see, it was an expectation. I, a man, a father of two sons, had to do certain things to live up to the fatherly image. I had to pretend to fear nothing, leap tall buildings in a single bound and ride amusement park rides that scared the life out of me.

But no more. I confronted that monster a few days ago and shouted, "I don't have to!"

I don't have to pretend to like the peas in the baby food jar. I don't have to pretend that junk food is no good for you. I don't have to pretend that "early to bed and early to rise" oh you know the line.

I don't have to pretend to love all my relatives. I don't have to go to visit people I never really wanted to see anyway.

I don't have to politely turn down the last pork chop at dinner at a friend's house. I want it, I take it.

I will tell you though, I would give anything to be able to sky dive, ride the big sling shot ball into the air, stand up in the ferris wheel car at the top of the ride and shout to the world, "I did it!"

Instead, I stood at the bottom and shouted, "I don't have to!"

What a man I am but "I don't have to be if I don't want to!"

"I believe in you!"

Bob@BobPerks.com

A Piece Of Paper

I'm a piece of paper
lying on the floor
just a piece of paper
paper, nothing more
naked as a "blue" jay
since the day i'm born
empty and forgotten
lonely and forlorn

then He saw me lying
wasted on the ground
stepped-on all my life
lost but now I'm found
He reached down and touched me
held me in his hand
now I know my purpose
now I understand

Just a piece of paper,
Blind once, now I see
He took out His pen,
Wrote LOVE all over me!
Changed my whole existence!
Transformed me, and Wham!
My life now has meaning,
'Cause of Whose I am!

-Connie

EXPRESSIONS

You may be
disappointed if you fail,
but are doomed, if you
don't try.

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SOURCE PUBLISHERS PVT. LTD.

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